



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Community Stroke Recovery Education Series

You've had a stroke, NOW WHAT?

Join other stroke survivors and family caregivers to learn about finding your way after a stroke. Learn how to cope with change and stress, how to get what you need from the community and figuring out the "New You". Each session is given by recreation therapist and a gerontologist.

Start Date: Wednesday February 26, 2014

Time: 1:00 pm to 2:30 pm

Location: Nanaimo Brain Injury Society

285 Prideaux Street (at Fitzwilliam Street)

Sessions run for 5 weeks

To register or for more information, please call

Wendy Johnstone at (250) 650-2359 or at

vancouverislandsrabc@gmail.com